

PED 154: Karate (intermediate)

This course is a continuation of beginning Karate. Topics include proper conditioning exercise, book control, proper terminology, historical foundations, and etiquette relating to karate. Upon completion, students should be able to perform line drill techniques and Kata for various ranks.

Credits: 1

Transfer Code: Transfer Code

Code C

Lab Hours: 0

Lecture Hours: 0

2

Prerequisites:

PED 153